

## **FOCUS "LOVE"**

*by Regis Louis*

*Regis Louis of Moissy cramayel, France, has been a Professional Member of The Monroe Institute since 1990 and has attended all the residential courses. In this letter, he movingly summarizes his three years of work with Hemi-Sync® programs and the challenges of "reentry."*

How much is "love"?

Since 1990 and the beginning of my adventures with the Institute, I've been in a progressive learning experience about what is "love." I want to share in this article my experiences and how they are related with the Hemi-Sync programs, for me.

When I participated to my *Gateway* in august 1990, each time as I asked "What is the most important message for me?", I've received "LOVE" as the only answer. And this answer was more another question for me "What kind of love is this, which is different from what I called love before? Is this the love that I receive, the one that I'm supposed to give, is this the emotions, the physical, the ... ?" The first answer was my feeling to fall in love with all the group (24 persons) and the pain to quit all these loved ones. The gate was open but the "old man" was afraid to become a "child," even if after *Gateway* the word "love" appeared so many times during my tapes exercices.

So I came back to the Institute for *Guidelines*® II in july 1991. When I look back to my notebook of this week I am still amazed of the number of powerful symbols that I've received. But anyway, even if I have all the knowings, what is my life if I don't have love? So I was lying down the friday morning, 6:00 a.m., the program was supposed to be finished, and I internally shout to the ISH "Hey, all this stuff I've got is great, but can't you give me something I can REALLY understand?" Right at this moment, the ancient wisdom who says "Ask and you will receive" became true, because a light pattern came to me and I was envelopped by the most wonderful feeling of unconditional love/compassion/joy that I've never felt before. A voice said to me "I will be with you" and I returned from this peak experience changed ... a little bit. Love was still external of me but I believed it was somewhere.

And in March 1992, here I'm back for a *LIFELINE*® program. In the middle of the week, during intro Focus 27, I've suddenly encountered a terrible divinity. It was "my god," the one created by all my belief systems. I had the terrible feeling that he could crush me like an ant under a hammer. There was long and terrible moment, then I jump right in his arms with all my love and we were one in brotherhood and love, high in the sky, laughing with the stars. I learned

much more in this instant than in my whole life before. But if “my god” was dead, “my love” was still very conditional and I spent the other 6 months with very hard time, in seeing all the things that separated me from “the love.” The child had to learn suffering to let it go.

So I had to come back one more time, in october 1992, for *Lifespan 2000*. This was supposed to be a very practical course. But on one tape we were supposed to access the energy. I became truly “love.” Not external or internal, not physical or emotional, but only this tremendous information of love, which is everywhere from our deepest atoms to the farrest stars of the last galaxy. “As above, so below” is a message about love, and what we call “nothingness” is... nothing but love. And all the words are nothing but words in between me and this true love that I am, that you are. The child became to laugh by himself. Well, not so bad for a practical course... and I, poor guy, believed that it was all.

But I had to come back for another *Lifeline*, with my beloved wife, in february of ‘93. And in Focus 27, a loved one who had passed told me: “You know, here we love ourselves.” This was like “Eureka” for me, suddenly I was able to say at the same time “I love you” to anybody and “I love you” to me in all my aspects. And right at this moment, it’s not me who loves but “that” which loves through me. I cannot explain what is “that,” because it is a state of being. Maybe it’s transpersonal love? I don’t care anymore for all this words. Just let it be welcome, child of the stars.

Thanks for all the peoples I have met since my first day at the Institute: the knowing is now being. And the end of this story is only provisory, because I know there is more steps on this “stairway of love.” The more I climb, the more there are a lot of loving ones with me. Thanks for being, see you in Focus “love.”

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